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REC'D 22 SEP 1999

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I, the undersigned, being an officer duly authorised in accordance with Section 74(1) and (4) of the Deregulation & Contracting Out Act 1994, to sign and issue certificates on behalf of the Comptroller-General, hereby certify that annexed hereto is a true copy of the documents as originally filed in connection with the patent application identified therein.

I also certify that the attached copy of the request for grant of a Patent (Form 1/77) bears a correction, effected by this office, following a request by the applicant and agreed to by the Comptroller-General.

I further certify that the attached copy of the request for grant of a Patent (Form 1/77) bears an amendment, effected by this office, following a request by the applicant and agreed to by the Comptroller-General.

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Signed

Dated

7 September 1999

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6) 1977

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Request for grant of a patent

(See the notes on the back of this form. You can also get
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29MAR99 E436063-1 C50571
P01/7700 0.00 - 9907079.9

The Patent Office

Cardiff Road
Newport
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27 MAR 1999

9907079.9

1. Your reference

C Design 2 Pocket Gym.

2. Patent application number

(The Patent Office will fill in this part)

GB 9806459-5

3. Full name, address and postcode of the or of
each applicant (underline all surnames)

Colin ARTHUR Parry
unit 5 old Timber yard
West Bay Bridport Dorset DT6 4EL

Patents ADP number (if you know it)

7259146001

If the applicant is a corporate body, give the
country/state of its incorporation

4. Title of the invention

(Pocket Gym)
Portable keep fit

5. Name of your agent (if you have one)

"Address for service" in the United Kingdom
to which all correspondence should be sent
(including the postcode)

Lloyd Wise, Tregear & Co.

Commonwealth House,

119 New Oxford Street,

London

WC1A 1LW.

fol/77 24/6/99 46.1.

6. If you are declaring priority from one or more
earlier patent applications, give the country
and the date of filing of the or of each of these
earlier applications and (if you know it) the or
each application number

Country

Priority application number

(if you know it)

Date of filing
(day / month / year)

GB

9806459-5

27/3/98

no 27/5/98

7. If this application is divided or otherwise
derived from an earlier UK application,
give the number and the filing date of
the earlier application

Number of earlier application

Date of filing
(day / month / year)

8. Is a statement of inventorship and of right
to grant of a patent required in support of
this request? (Answer 'Yes' if:
 a) any applicant named in part 3 is not an inventor, or
 b) there is an inventor who is not named as an
applicant, or
 c) any named applicant is a corporate body.
 See note (d))

9. Enter the number of sheets for any of the following items you are filing with this form.
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Continuation sheets of this form

Description 11

Claim(s) 1

Abstract 1

Drawing(s) 1

-
10. If you are also filing any of the following, state how many against each item.

Priority documents

Translations of priority documents

Statement of inventorship and right to grant of a patent (Patents Form 7/77)

Request for preliminary examination and search (Patents Form 9/77)

Request for substantive examination
(Patents Form 10/77)

Any other documents
(please specify)

11.

I/We request the grant of a patent on the basis of this application.

Signature

Date 26-3-99

12. Name and daytime telephone number of person to contact in the United Kingdom

Colin Arthur Paul

Warning

After an application for a patent has been filed, the Comptroller of the Patent Office will consider whether publication or communication of the invention should be prohibited or restricted under Section 22 of the Patents Act 1977. You will be informed if it is necessary to prohibit or restrict your invention in this way. Furthermore, if you live in the United Kingdom, Section 23 of the Patents Act 1977 stops you from applying for a patent abroad without first getting written permission from the Patent Office unless an application has been filed at least 6 weeks beforehand in the United Kingdom for a patent for the same invention and either no direction prohibiting publication or communication has been given, or any such direction has been revoked.

Notes

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POCKET GYM

DESCRIPTION

The Pocket Gym has many uses in training the human body, it contains the main strut 1, filled with a spring, gas, oil which gives it a adjustable strength factor, two handles 2 which on screws on the main strut 1 and the other onto the Push Rod Bar 3 which pushes into the strut 1, also a Pulse and Heart Rate finger touch 4 fixed onto the main strut 1, then we have a bag or box 5 to carry 1-2-3-4-7-8 safely, then for hooks we have two plastic end covers 6 and Timer Clock 7 which fits onto 1 main strut, 8 extension bar screws into 2 and then screws into 1 main strut which makes the Pocket Gym longer.

POCKET GYM

1. Main strut
Gas spring or oil
2. Handles
3. Push Rod Bar
4. Pulse and Heart Rate
Finger touch
5. Carrying bag or box
6. Plastic Covers
7. Counter Clock
8. Extension Bar

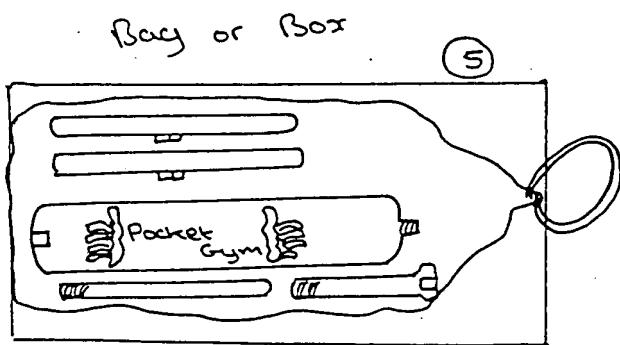
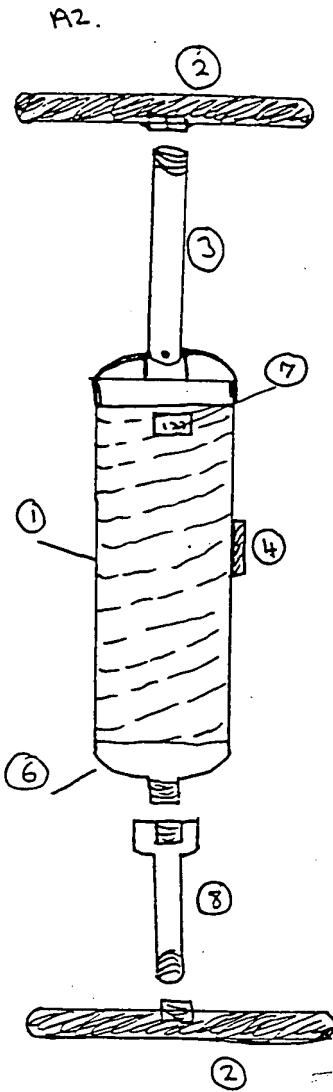
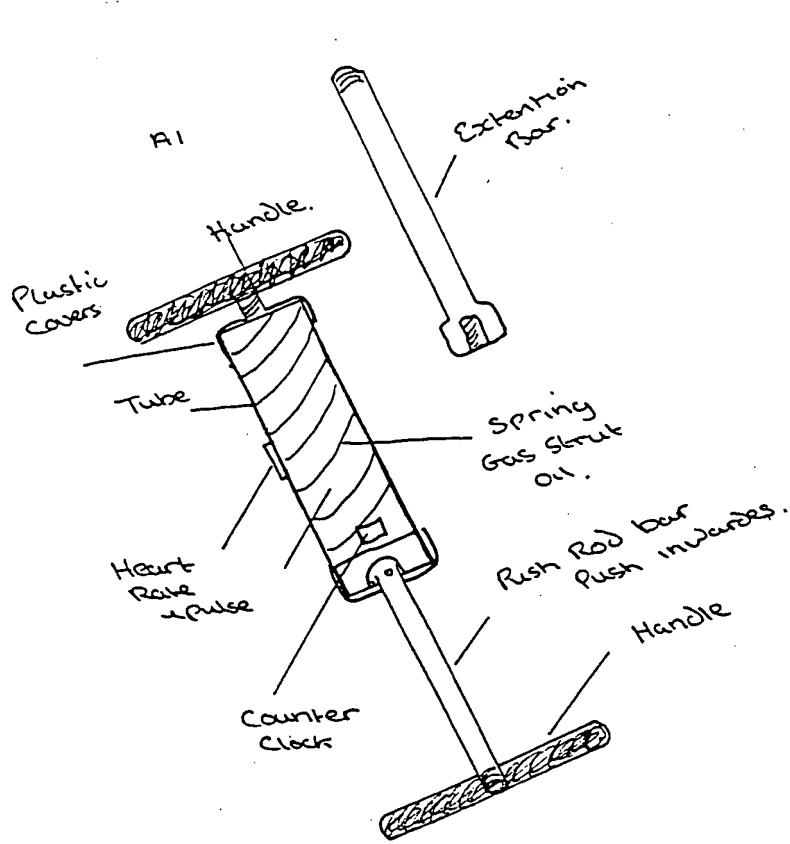
CLAIMS

1. A Pocket Gym contains a strut, push rod bar, which engages into the strut, two handle which fit onto the strut and push rod bar, a extension bar is also used if you want to make the Pocket Gym longer which screw onto one of the Handle 2 main strut. Fixed to the main strut is a pulse and heart rate finger touch and timer and counter clock optional. Carrying case bag or box for all components, two hook good plastic end covered on the main strut.
2. A Pocket Gym as claimed in 1 has two handles which have hand protective covers.
3. A Pocket Gym as claimed in 1-2 has a bag or box made from leather, wood, metal, material, plastic.
4. A Pocket Gym as Claim 1 has a spring, oil or gas strut, when the push rod is inserted into the strut the push rod can then be pushed into the strut as far as you can push it and then slowly release.
5. Pocket Gym as Claim 1 has two protective hook good plastic end covers which fit into the main strut.
6. Pocket Gym as claimed in 1, 2, 4 has a extension bar which screw onto 1 and 2 which makes the pocket gym longer.
7. Pocket Gym as claimed in any proceeding claim, which is made from plastic, metal, material or wood or from a combination of these materials.
8. A Pocket Gym substantially as herein described and illustrated in the accompanying drawing.

ABSTRACT

The Portable Fitness Mate will be used for many purposes in developing the human body (muscles) its many uses when pushed together can improve your body when pushed together at different positions, legs, arms, stomach. After training with the fitness mate at the office, in front of the telly, in the car when stationary, trains, anywhere you just simply unscrew all components and place into a bag or box and simply carry in your hand or put away in a draw, briefcase or hand bag.

Pocket Gym^c



PCT/GB 99/02722 - 18 Aug 99

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